C.A.R.E.S. Lifesharing & Respite Program:

Lifesharing enables individuals with developmental disabilities to live in a family home environment, share life experiences and pursue opportunities with supportive people. Lifesharing allows individuals to live to their fullest potential by becoming active, participating members of another family.

C.A.R.E.S. works carefully to match the right individual with the right family or person. We'll match the interests and lifestyle of the provider with the individual. This allows us to focus on planning a living arrangement that is mutually satisfying and rewarding.

We provide the opportunity for individuals to open their home and life to mentor an individual with a developmental disability. This mutually rewarding experience is a great opportunity for caring and compassionate people who want to help an individual with a disability to develop his or her areas of interest and address his or her needs and desires.

We encourage long-term relationships and stress the importance of natural supports, individuality, respect, choice, and community integration.

Lifesharing is not just a program, it is a movement!

Lifesharing Family Providers Needed:

Tax-free stipends starting at $2,200 per month per client;
24 paid respites and training bonus.
Call 570-225-7360 for an application.
Training and 24 hour on-call support services and respite provided.

C.A.R.E.S. is an organization providing person-centered services to individuals with developmental disabilities. We specialize in connecting our self-advocates with opportunities to be family focused, self-determined, individualized, person centered, and strength based. We optimize their opportunities for community participation and inclusion, growth, independence and job readiness all through our day programs as well as providing an opportunity for long-term support from caring families within our lifesharing program.

AT C.A.R.E.S.
THE PARTICIPANTS ARE THE VIPS

The Mission of C.A.R.E.S. is to provide high quality services and supports that maximize each individual's potential, opportunities, relationships, community involvement, and health and wellness.

Our Vision is to create community-based services empowering individuals by creating an environment where the individuals' rights and culture are recognized and respected with services that are self-determined, person centered and family focused.

www.Cares4u.org

C.A.R.E.S.

Community And Residential Empowerment Services

EMPOWERING INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES TO CONNECT WITH THEIR COMMUNITY



CARES Community And Residential Empowerment Services

www.Cares4u.org

Central Office
216 N. McAllister St.
Bellefonte, PA 16823
570-225-5514

Northeastern Office
105 W. Broad St., Suite 200
Tamaqua, PA 18252
570-225-7360

Western Office
225 Crowe Ave.
P.O. Box 278
Mars, PA 16046
724-687-7880

C.A.R.E.S. Community Day Program

The C.A.R.E.S. Day Program is a unique community-based program where volunteerism and recreational activities focus on maximizing life, pre-vocational and social skills. Our goal is to ensure that participants are not just in the community, but are known as a valuable part of the community. To achieve this goal, C.A.R.E.S. has a low ratio of 1:3 while in the community and incorporates the following types of activities at no additional cost to the participants:

- **Volunteer –** Participants volunteer in their local communities for non-profits such as historical societies, food banks, animal shelters and Meals on Wheels. Through these opportunities, participants gain a sense of accomplishment and learn valuable life and pre-vocational skills. Individuals enjoy contributing to their community and having the opportunity to assist those who are less fortunate.

- **Pre-vocational –** Activities and curriculum are designed to enhance decision making, coping and other valuable skills to prepare the participants for the highest potential level of independence in a work environment.

- **Health and Wellness –** Participants are educated on meal planning, nutrition, healthy food choices, alternatives and portion sizes. Exercise is encouraged through dance, hikes, yoga, swimming, indoor/outdoor sports and other adapted movement activities.

- **Recreational and educational –** Participants fully explore all that their communities have to offer by visiting places such as museums, amusement parks, bowling alleys, state parks, and zoos.

- We believe in holistic approaches to support the entire person.

C.A.R.E.S. Community Day Program

- **Transportation (8 a.m. - 9 a.m. & 3 p.m. - 4 p.m.):** Provided to and from C.A.R.E.S. by staff in agency vehicles avoiding the need for public transportation.

- **Programming (9 a.m. - 3 p.m.):** Weekly schedules are developed to include varying community based activities which are individualized based on the interests and abilities of the participants.

- **FRIDAY:** Individuals menu plan, shop and prepare a meal as part of their life skills development.



Proudly serving individuals in the following counties:

Allegheny ◆ Beaver ◆ Berks ◆ Blair
Bucks ◆ Butler ◆ Carbon ◆ Centre
Huntingdon ◆ Lebanon ◆ Lehigh
Luzerne ◆ Lycoming ◆ Monroe
Northampton ◆ Pike ◆ Schuylkill

C.A.R.E.S. Chaperoned Vacations

C.A.R.E.S. Chaperoned Vacations provide an opportunity for participants to travel and be exposed to new and exciting experiences. Vacations are all inclusive and travelers do not need to bring additional funds.

C.A.R.E.S. vacations promote personal growth, socialization and independence.



Past trips have included:

Canada New England Cruise
Disney World ◆ Knoebels Camping
Cape May Shore ◆ Atlantic City
Appalachian Resorts ◆ Gettysburg
Country music vacation to Nashville, Memphis and Gatlinburg
Cleveland Pro Football Hall of Fame and Rock and Roll Hall of Fame

PARTICIPATION IN CHAPERONED VACATIONS DOES NOT REQUIRE ENROLLMENT IN ONE OF THE OTHER C.A.R.E.S. PROGRAMS.